

## R430-60-15: CHILD NUTRITION.

- (1) If food service is provided:
- (a) The provider shall ensure that the center's meal service complies with local health department food service regulations.

### Rationale / Explanation

*The purpose of this rule is to ensure that food preparation and service are sanitary in order to reduce the possibility of foodborne illness. Minimum standards for food safety are based on scientific data that demonstrate the conditions required to prevent contamination of food with infectious or toxic substances that cause foodborne illness.*

### Enforcement

*A finding to this rule would be issued if a provider serves food and does not have a kitchen inspection from their local health department.*

*Always Level 3 Noncompliance.*

- (1) If food service is provided:
- (b) The provider shall offer meals or snacks at least once every three hours.

### Rationale / Explanation

*Young children need to be fed often. Appetite and interest in food varies from one meal or snack to the next. To ensure that the child's daily nutritional needs are met, small feedings of nourishing food should be scheduled over the course of a day. Snacks should be nutritious, as they often are a significant part of a child's daily intake of food. CFOC, 3<sup>rd</sup> Ed. pgs. 156-157 Standard 4.2.0.5*

### Enforcement

*Meal times will be counted from the end of one meal time to the start of the next meal time. An extra 30 minutes will be allowed at the end of nap time, if needed, to allow children time to wake up from their nap and get ready for snack.*

*For centers who provide late evening or overnight care, meals or snacks do not need to be served every three hours after children have gone to bed for the night.*

*If a center is open until 7:00 p.m., there may be up to but not more than four hours between the afternoon meal or snack and the center's closing time. If the center is open later than 7 p.m., a meal or snack must be offered at least every three hours.*

*Always Level 3 Noncompliance.*

- (1) If food service is provided:
- (c) The provider shall serve children's food on dishes, napkins, or sanitary high chair trays, except for individual serving size items, such as crackers, if they are placed directly in the children's hands. The provider shall not place food on a bare table.

### Rationale / Explanation

*Using clean food service dishes and utensils prevents the spread of microorganisms that can cause disease. The surfaces that are in contact with food must be sanitary. Food should not be put directly on the table surface*

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*for two reasons. First, even washed and sanitized tables are more likely to be contaminated than washed and sanitized dishes or disposable plates. Second, eating from plates reduces contamination of the table surface when children put down their partially eaten food. CFOC, 3<sup>rd</sup> Ed. pg. 178 Standard 4.5.0.2*

*Highchair trays function as plates for seated children. Therefore, they should be washed and sanitized the same way as plates and other food service utensils. CFOC, 3<sup>rd</sup> Ed. pg. 178 Standard 4.5.0.2*

### **Enforcement**

*Always Level 3 Noncompliance.*

- (2) If the parent of a child in care has informed the provider that his or her child has a food allergy or sensitivity, the provider shall ensure that the child is not given that food or drink.**

### **Rationale / Explanation**

*Food allergies are common, occurring in between two and eight percent of infants and children. Food allergic reactions can range from mild skin or gastrointestinal symptoms to severe, life-threatening reactions with respiratory and/or cardiovascular compromise. Deaths from food allergies are being reported in increasing numbers. For all of these reasons, vigilant efforts to avoid exposure to the offending foods are necessary. CFOC, 3<sup>rd</sup> Ed. pg. 182 Standard 4.6.0.1*

### **Enforcement**

*If a child just doesn't like a particular food (but the child doesn't have any negative physical reaction to it) that is considered a food preference, not a food allergy or sensitivity.*

*Food sensitivities can result in minor irritations (rashes, loose stools), whereas a true food allergy could cause a life-threatening event (anaphylaxis, a severe asthma attack, extreme hives, etc.).*

*Level 1 Noncompliance if a child is served food to which he or she is allergic.*

*Level 2 Noncompliance otherwise.*

- (3) The provider shall ensure that food and drink brought in by parents for an individual child's use is labeled with the child's name, and refrigerated if needed. The provider shall ensure that a child in care does not consume a food or beverage that was brought in for another child.**

### **Rationale / Explanation**

*The purposes of this rule are to ensure that children are not accidentally served food brought by another child, and to ensure that food brought from home does not cause foodborne illness. Foodborne illness and poisoning is a common occurrence when food has not been properly refrigerated and covered. Although many of these illnesses are limited to vomiting and diarrhea, some are life-threatening. CFOC, 3<sup>rd</sup> Ed. pg. 182 Standard 4.6.0.1*

### **Enforcement**

*Food and drink brought from home can be labeled with the child's first name only, unless there is more than one child in the center with food or drink brought from home who has the same first name. When this is the case, the food and drink can be labeled with the child's first name and last initial. If there is more than one child in the center with food or drink brought in from home who has the same first name and last initial, the food and drink must be labeled with the child's full first and last name.*

*Refrigerated can include being in a lunch container with a cold pack, as long as the cold pack is at least cool to*

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<p><i>the touch.</i></p> <p><i>Level 1 Noncompliance if a child is served food to which he or she is allergic.</i></p> <p><i>Level 2 Noncompliance otherwise.</i></p>